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Background: Cholesterol and its lipoproteins are the most important coronary risk factors. To determine trends in total, LDL, and HDL cholesterol and triglycerides in a preventive health-check up program at a tertiary care hospital in India we performed a study.

Methods: Successive patients undergoing preventive health check-up program at this hospital were enrolled. Details of gender and age were available while details of disease status and lipid lowering therapy were not. Secular trends were determined using log-linear regression.

Results: Details of fasting lipid profile were available in 45,534 subjects (men 33,528, women 12,007), mean age 51 ± 12 years. Mean cholesterol lipoproteins (mg/dl) were: total cholesterol 174.7 ± 45.8 , LDL cholesterol 110.7 ± 38.5 , HDL cholesterol 44.1 ± 10.4 , triglycerides 140.8 ± 99.2 and total:HDL cholesterol 4.44 ± 1.55 . Secular trends in mean levels are shown in Table. Significant decline is observed in total, LDL and total:HDL cholesterol ($p < 0.001$) while HDL cholesterol and triglyceride levels increased ($p < 0.05$).

Results: We evaluated data in 33,491 men and 11,999 women. In men and women, respectively, prevalence of very high total cholesterol (>300 mg/dl) was in 201 (0.7%) and 126 (1.1%), LDL cholesterol (>190 mg/dl) in 693 (2.1%) and 368 (3.0%), triglycerides (>500 mg/dl) in 334 (1.0%) and 51 (0.4%), and low HDL cholesterol (<20 mg/dl) in 261 (0.8%) and 59 (0.5%).

Conclusions: These data show a low prevalence of extreme lipid phenotypes in India. Larger population based studies are required.

Effect of door step interactive heart awareness program in railway population

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Background: There is recent rise in incidences of heart diseases among Indians at younger age. Being Indians we also have to prove ourselves fully capacious to fight and root out this disease from our country. Railwaymen are privileged because today In-

Year	Cholesterol lipoproteins (mean+ SD, mg/dl)					
	No.	Total cholesterol	LDL cholesterol	HDL cholesterol	Triglycerides	Total:HDL
2007 Jul–Dec	885	181 ± 43.2	113.1 ± 36.6	40.7 ± 8.9	138.2 ± 80.7	4.60 ± 1.27
2008 Jan–Jun	2,580	176.4 ± 42.4	109.1 ± 35.2	39.9 ± 9.0	139.4 ± 96.5	4.56 ± 1.34
2008 Jul–Dec	2,635	177.4 ± 43.5	111.8 ± 35.6	38.8 ± 9.3	142.5 ± 90.6	4.76 ± 1.83
2009 Jan–Jun	3,620	176.1 ± 44.6	116.3 ± 39.0	40.0 ± 9.5	140.8 ± 96.7	4.56 ± 1.41
2009 Jul–Dec	4,517	176.5 ± 44.8	115.1 ± 38.2	41.7 ± 9.5	141.2 ± 88.6	4.35 ± 1.44
2010 Jan–Jun	5,358	177.5 ± 46.9	114.8 ± 39.4	42.6 ± 9.6	140.6 ± 103.1	4.29 ± 1.25
2010 Jul–Dec	4,059	177.1 ± 46.5	113.4 ± 39.6	42.3 ± 10.0	137.4 ± 92.6	4.32 ± 1.33
2011 Jan–Jun	4,368	174.6 ± 46.9	110.3 ± 39.5	41.6 ± 11.8	138.4 ± 104.5	4.47 ± 1.73
2011 Jul–Dec	6,470	174.0 ± 46.7	107.8 ± 38.8	41.3 ± 11.5	142.6 ± 101.1	4.49 ± 1.85
2012 Jan–Jun	5,987	171.3 ± 45.6	106.6 ± 37.9	41.4 ± 10.9	140.6 ± 111.1	4.37 ± 1.63
2012 Jul–Nov	5,056	168.6 ± 46.3	105.2 ± 38.2	40.1 ± 11.3	142.2 ± 90.3	4.44 ± 1.67
Standardized beta (p value)	45,535	$-0.057 (<0.001)$	$-0.056 (<0.001)$	$+0.012 (0.014)$	$+0.014 (0.002)$	$-0.046 (<0.001)$

Conclusions: This study shows declining trends in total and LDL cholesterol and total:HDL cholesterol at a tertiary care hospital health check program over a 5-year period.

Prevalence of extreme lipid phenotypes in India: Insights from a large hospital-based database

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Background: Extremely high levels of cholesterol lipoproteins (LDL cholesterol, VLDL cholesterol, non-HDL cholesterol) and low levels of HDL cholesterol are important atherosclerosis risk factors. Prevalence of these abnormalities in India is unknown.

Methods: We used a large hospital-based laboratory database to identify extreme lipid phenotypes. All biochemical lipid profiles performed at the hospital from years 2008–2012 ($n = 45,490$) were included. Gender specific data are reported.

dian Railway has all infra structures to fight against the heart diseases.

Methods: Study design – prospective cohort study at South East Central Railway head quarter Bilaspur has a railway colony with an area of 6.4 square km catering almost five thousand employees with their families and surrounding hubs harbouring about 3 thousand employees and retired employees with families. Different pockets in the colonies were selected for heart awareness interactive programs at regular intervals using audio-visuals. Results have been observed in two categories. First the prevalence of risk factors in the railway population residing inside the colony. Second, the incidences of Acute Coronary Syndrome, Accelerated Hypertension with or without acute left ventricular failure and acute complicated uncontrolled Diabetes mellitus among the counselled population and the control group.

Results: Total counselled population = 4178 (Female 1796, 43%). Age ranged from 22 year to 82 years. Pure vegetarians = 960 (23%), Physical inactivity = 2841 (68%), Tobacco users = 1023 (33%), old Diabetics = 459 (11%), known Hypertensives = 919 (22%), Ischemic Heart Disease = 292 (07%), asymptomatic (apparently healthy) = 1712 (41%) among them Hypertension = 668 (16%), Diabetics = 332